



# A COMPARATIVE STUDY ON MENTAL HEALTH OF NURSING STUDENTS AMONG GOVERNMENT AND PRIVATE INSTITUTION

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## ABSTRACT

The present study is been conducted to assess the mental health of nursing students among government and private institution. For this purpose, a sample of 60 subjects- 30 nursing students from government institute and 30 nursing students from private institute and all the subjects involve in the study were boys and girls age from 17-20 years, the mental health battery administered on all subjects individually. The data analyzed after individual scoring of each answer sheet according to manual of the test. After scoring mean, SD & 't' value of test calculated to determine the significance of mean differences between 30 nursing students from government institute and 30 nursing students from private institute. The independent variable is nursing students of (government and private institute) and the dependent variable is mental health status of the subjects. The 't' value found were found non-significant at level of mental health status of nursing students among government and private institution, which means that there is no difference on the level on mental health status of nursing students among government and private institution. But on the gender basis boys nursing students of government and private institute, The 't' value were found significant on level of mental health status, which means that there is difference on level of mental health status of boys nursing students among government and private institution. The level of mental health status of boys from government institute is more as compared to boys from private nursing institute. The reasons behind these results may be factors affecting mental health status namely self-esteem, confidence, family break up or loss, difficult behavior and abuse.

**KEYWORDS:** Mental Health, Nursing Students, Government Institute, Private Institute

## INTRODUCTION

Mental health is a state of balance between the individual and the surrounding world, a state of harmony between oneself and others, a co-existence between the realities of the self and that of the self and that of others people and the environment.

The condition of being sound mentally and emotionally that is characterized by the absence of mental illness and by adequate adjustment especially as reflected in feeling comfortable about oneself, positive feelings about others, and the ability to meet the demands of daily life; also: the general condition of one's mental and emotional state.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Mental health is a level of psychological well-being, or an absence of mental illness. It is the "psychological state of someone who is functioning at a satisfactory level of emotional and behavioural adjustment". From the perspective of positive psychology or holism, mental health may include an individual's ability to enjoy life, and create a balance between life activities and efforts to achieve psychological resilience.

## Mental illness

Mental illness is maladjustment in living. It produces a disharmony in the person's ability to meet human needs comfortably or effectively and function within a culture. A mentally ill person loses his ability to respond according to the expectation he has for himself and the demands that society has for himself.

Mental and behavioural disorders are understood as clinically significant conditions characterized by alterations in thinking, mood (emotions) or behaviour associated with personal distress and impaired functioning.

Mental illnesses are health conditions involving changes in thinking, emotion or behaviour (or a combination of these). Mental illnesses are associated with distress and/or problems functioning in social, work or family activities.

Mental illness is any disease or condition that influences the way a person thinks, feels, behaves, and/or relates to others and to his or her surroundings. Although the symptoms of mental illness can range from mild to severe and are different depending on the type of mental illness, a person with an untreated mental illness often is unable to cope with life's daily routines and demands.

## Factors affecting mental health

Good mental health is more than just the absence of mental

illness. It can be seen as a state of mental health that allows one to flourish and fully enjoy life. Everyone experiences down times in life. The ability to cope with negative experiences varies greatly from one person to another and, in large part, determines whether people enjoy their lives.

#### **Some of the factors that affect the mental health of youth are as follows:**

**Self-esteem:** This is the value we place on ourselves, our positive self-image and sense of self-worth. People with high self-esteem generally have a positive outlook and are satisfied with themselves most of the time.

**Confidence:** Youth should be encouraged to discover their own unique qualities and have the confidence to face challenges and take risks. Young people who are brought up to have confidence in themselves are more likely to have a positive attitude, and to lead happy and productive lives.

**Family breakup or loss:** Separation or divorce or the loss of a parent or sibling is extremely painful. Finding ways to cope and adjust to the changes wrought by these events is critical for everyone, but particularly for youth. How grief is handled can affect young people negatively for years to come. If children are having difficulty coping, professional help is recommended.

**Difficult behavior:** When people are unhappy, they either internalize their unhappiness or act out. The latter usually appears as bad or difficult behaviour, such as using abusive language, being aggressive or violent, damaging property, stealing, lying, refusing to comply with requests or expectations at school or home, or displaying other inappropriate actions. If such behaviour is serious and persistent, the young person and his or her family might require professional help.

**Abuse:** The mental health of abused children is at great risk. Abused children are more likely to experience mental disorders or mental illness during childhood and into adulthood. Abuse may be physical, sexual, psychological or verbal. It may not always be evident or easily recognized. Regardless of the form it takes, abuse cannot be tolerated. Children need to be protected from abuse and helped to overcome its negative effects. Abuse can cause feelings of low self-esteem, lack of self-confidence, depression, isolation and anger all feelings that impair a child's chance to lead a happy life.

#### **Types of Mental Illness**

**Anxiety Disorders:** Anxiety disorders affect approximately 40 million American adults age 18 years and older each year. Anxiety disorders are a form of mental illness that causes people to experience distressing and frequent bouts of fear and apprehension. Many will experience these feelings when periodically doing things like public speaking or a job interview. Those with anxiety disorders experience these feelings frequently, and for an extended period - six months or more.

**Mood Disorders:** Every one of us has experienced feelings of sadness, irritability, or a general case of the "blahs" at one

time or another. While bad moods are common, and usually pass in a short period, people suffering with mood disorders live with more sustained and severe symptoms and disruption. People living suffering from mental illness find that their mood impacts both mental and psychological well-being, nearly every day, and often for much of the day.

**Schizophrenia and Psychotic Disorders:** Schizophrenia is a serious brain disorder that is marked by significant changes and disruption in both cognitive and emotional function. Schizophrenia has an effect on the most basic human aspects of life (e.g. language/communication, train of thought, perception of objects, self and others).

**Dementia:** Dementia is distinguished by a disruption of consciousness, as well as changes in cognitive health, such as memory loss and motor skills.

**Eating Disorders:** Eating disorders are serious, chronic conditions that can be life-threatening, if left untreated. These conditions typically take root during the adolescent years and primarily affect females.

#### **REVIEW OF LITERATURE**

Eisenberg, Daniel; Golberstein, Ezra; Gollust, Sarah E. (2007) conducted a research study on Help-Seeking and Access to Mental Health Care in a University Student Population to quantify mental health service use and estimate how various factors are associated with help-seeking and access in a university student population. A web-based survey was administered to a random sample 2785 students attending a large, public university with a demographic profile similar to the national student population. Non response bias was accounted for using administrative data and a non-respondent survey. Results of students with positive screens for depression or anxiety, the proportion who did not receive any services ranged from 37% to 84%, depending on the disorder. Predictors of not receiving services included a lack of perceived need, being unaware of services or insurance coverage, scepticism about treatment effectiveness, low socioeconomic background, and being Asian or Pacific Islander. Even in an environment with universal access to free short-term psychotherapy and basic health services, most students with apparent mental disorders did not receive treatment. Initiatives to improve access to mental health care for students have the potential to produce substantial benefits in terms of mental health and related outcomes

Dewan, R, (2010), conducted research study on the effects of gender, religion and marital status upon mental health of tribal school teachers in Jharkhand a stratified random sample of 400 tribal school teachers was selected for the study, stratified based on gender, religion and marital status. A Hindi adaptation of Lagner's scale was applied on the sample for measurement of mental health. The research was based on a 2x2x2 factorial design with three factors, each having two levels. ANOVA was applied for the analysis of data. Out of three factors, namely gender, religion, and marital status, religion and gender were found to produce significant main effects on mental health.